



Southville International School and Colleges

STUDENTS AND PARENTS' BULLETIN

September 29, 2023 - SPB #5 A.Y. 2023 - 2024

High School proclaims new set of Student Council officers

And the results are in! The High School Division of Southville International School and Colleges (SISC) held its Student Council election for academic year 2023–2024 last September 15, 2023 for IB and September 21, 2023 for High School. Students from Grade 7 – Grade 12 and IB were given a chance to vote for their Student Council officers and their batch representatives who will represent their interests, work to bring school events and activities to fruition, and act as peer leaders.

The Student Council officers for academic year 2023 – 2024 are:

President



Una Bighani Villano

GRADE 12 - RIGOR

Vice President



KIM "Charis" Min Young

GRADE 11 - PERSISTENCE

Secretary



Isabela Ramona Castillo

GRADE 12 - GRIT

Treasurer



PARK "Sisi" Sihyun

GRADE 12 - DIPLOMACY

Level Representatives



Grade 7

**Neil Sheridan
Gatchalian**
7 - GRATITUDE



Grade 8

**Shakira
Catherine Lang**
8 - INTEGRITY



Grade 9

**Lee "Ana"
Juyoung**
9 - COMPASSION



Grade 10

**Joshua Levi
Santos**
10 - COMMITMENT

SHS Strand Representatives



ABM

**Jacqueline
Ross Jocson**
12 - SERVICE



GAS

Woo Doreen
12 - RIGOR



HUMSS

Yoeiza Garcia
12 - DIPLOMACY



STEM

**Nathan
Dichupa**
12 - GRIT

IB Student Council Officers

President



Woo Sung Cho

IB 2

Vice President



Jisoo Lee

IB 1

Secretary



Yi Lynn Hwang

IB 2

Treasurer



Julia Maury Riguera

IB 2

**IB 1 Level
Representative**



Seorin Park

IB 1

**IB 2 Level
Representative**



Seojeong Park

IB 2

SISC recognizes the importance of giving its students the opportunity to fully develop their leadership skills through the Student Council. Being a member of this year's Student Council is a serious obligation, requiring a great deal of dedication, time and effort to maintain school unity and grow student morale.



Young gymnast earns a spot on national pool



Tchelzy Maayo
6 – Collaboration

A sixth grader from Munich Campus has been honored for her outstanding gymnastic performance in local and international competitions with her selection to the Womens Artistic Gymnasts Developmental Pool of the Gymnastics Association of the Philippines (GAP). Tchelzy Maayo of Gr. 6 – Collaboration joins the program which aims to develop gymnasts to be part of the national training pool and eventually represent the country.

Maayo recently bagged five gold medals in the 8th International Gymnastics Invitational held in Jakarta, Indonesia. As a member of the developmental pool, she will receive free membership and training at the GAP National Training Center to hone her skills on her journey to become the next star in the sport.



School holds earthquake drill

When the school bell started to ring last September 25, 2023, Preschool, Grade School and High School students in Luxembourg, Tropical, and Munich Campuses dropped on the floor and covered their heads. A minute later, when the bell stopped, all the students started out from their classrooms covering their heads, and gathered at the open field where respective class advisers checked if all were safely evacuated.

The earthquake drill was conducted to teach SISC students, teachers and staff how to respond to the complications of an actual earthquake, and to evaluate how well all parts of the school's emergency plan work together. Prior to the drill, the teachers already discussed and demonstrated the procedures with the students. During a damaging earthquake, everyone in SISC already knows the life-protecting actions to be done immediately and how to react appropriately.





"Stars, Hearts and Laurels: Alumni Achievers Spotlight:"

Welcome to our "Alumni Achievers Spotlight" – a dedicated corner where we celebrate the remarkable accomplishments of our former students. Our alumni have gone on to achieve great success in various fields, serving as a source of inspiration for current students and parents alike. In this space, we will share their inspiring stories, achievements, and the valuable lessons they've learned on their journey from our school to their dreams. Join us in celebrating the excellence of our alumni and discover the limitless possibilities that await our current students.



I was able to pursue my passion in art and Science with the flexibility of the Southville's High School and IB Program. I'm a designer for architecture and interiors specializing in brand experience with 2 design awards in LA and Paris.

Jessica Young

IB Class of 2010

Be Global. Be Amazing. Be Southville.

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Health Advisory



HEALTH ADVISORY

Medical Department

AY 2023-2024



Issue No.04

September 28, 2023

Autoimmune Disease

What is Autoimmune Disease?



Autoimmune disease occurs when the body's natural defense mechanism is unable to distinguish between your own cells and foreign cells, causing the body to attack normal cells by mistake.

With an autoimmune disease, your immune system misidentifies parts of your body as foreign such as your joints or skin. It produces proteins known as autoantibodies that attack healthy cells.

Common Autoimmune Diseases

- Rheumatoid Arthritis
- Psoriasis
- Lupus
- Thyroid Diseases
- Type 1 Diabetes

Risk Factors



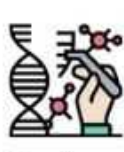
Family history



Environmental factors



Ethnicity



Genetics



Weight



Smoking



Certain medications



Stress

What causes autoimmune disease?

The exact cause of autoimmune disorders is unknown.



Common symptoms

- Fatigue
- Joint pain, stiffness and swelling
- Inflammation
- Skin problems such as skin rash
- Dry mouth
- Abdominal pain or digestive issues
- Recurring fever
- Trouble concentrating
- Swollen glands

Specialist for Autoimmune Diseases



- Gastroenterologist
- Rheumatologist
- Endocrinologist
- Dermatologist
- Nephrologist

Food and ingredients to avoid for autoimmune disease management

- Bread
- Baked goods
- Pasta
- Gravy
- Noodles/Pasta

Gluten (starchy comfort food)

- Candy
- Cakes
- Dairy desserts
- Soft drinks/soda

Sugary food and beverages

- Ham
- Sausages
- Hot dogs
- Deli meats

Animal products especially processed meats

- Can goods
- Ham burgers
- Savoury snacks
- Cheese
- Junk food

Food high in sodium (salt)

- Coffee
- Soda
- Energy drinks
- liquor

Alcohol and caffeine

Autoimmune Protocol (AIP) diet food list

Organic, unprocessed food

- Cucumber
- Spinach
- Sweet potatoes
- Zucchini
- Carrots

High antioxidant fruits

- Blueberries
- Strawberries
- Raspberries
- Mangoes
- Oranges
- Bananas

Anti inflammatory food

- Fish oil
- Olive oil
- Flax seeds
- Chia seeds
- Gluten free food



**Empower your body with good nutrition,
and knock out autoimmune disease!**



References:

<https://my.clevelandclinic.org/health/diseases/21624-autoimmune-diseases>


<https://lifestylemedicine.org/articles/benefits-plant-based-nutrition-autoimmune-disease/>

<https://www.dietvsdisease.org/autoimmune-disease-aip-diet/>

<https://health.clevelandclinic.org/aip-diet-autoimmune-protocol-diet/>



Social-Emotional Learning (SEL) Corner



The infographic is titled "SEL Practices At Home" in a pink banner. It features six practice boxes arranged in a 3x2 grid. Each box has a title and a description. The practices are: 1. Focus on your child's strength (accomplishment builds self-efficacy), 2. Use visual aids to help your child plan (shows what they need to do to succeed), 3. Ask about feelings (talk about emotions to grow self-awareness), 4. Stay calm when you're angry (recognize trigger situations and cope with anger), 5. Be willing to apologize (apologize when upset or make a mistake), and 6. Encourage helping and sharing (talk about what others might need). The infographic is decorated with a green flower, a green leaf, and a pink flower. A URL is visible on the right side: <https://www.gueston.org/edu/learn/sel/sel-practices-at-home>.

SEL Practices At Home

- Focus on your child's strength.**
Focus on accomplishment can build self-efficacy and help children persist when things get difficult.
- Use visual aids to help your child plan**
By showing children what they need to do to succeed, these practices also help children develop self-efficacy — and contribute to a sense of pride when goals are met.
- Ask about feelings**
Together, talk about emotions—what it feels like to be frustrated, or excited. The ability to identify and label negative emotions can grow self-awareness.
- Stay calm when you're angry**
Learn to recognize your own "trigger situations" and talk about coping with anger as a family.
- Be willing to apologize**
When you do get upset, or make a mistake, apologize to your kids. Explain what you meant to do or say.
- Encourage helping and sharing**
Regularly talk with your children about what others might need, and how you could be helping.

<https://www.gueston.org/edu/learn/sel/sel-practices-at-home>



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Marie Vic F. Suarez, PhD
Principal, K12 and IB

K12 and IB Bulletins

NURTURING the 5Cs through
Academic Rigor, with **GRIT** *and a*
GROWTH MINDSET